



Seniors on the Green

37 R West Town St. Lebanon Ct. 06249

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April 2016

Senior Van Wellness Trips

4/1 Golden Lamb Buttery

Rest. Brooklyn

4/8 Eagle Ldg. State Park

4/15 Clinton Crossing Stores

Lenny & Joes Restaurant

4/22 Florence Griswold Mu-

seum, Morning Glory Cafe



Lunch Menu:

4/5 Lataille Soup Day

4/12 Breakfast Strata

4/19 DaLonne Lunch

4/26 Pork Roast Dinner

Senior Center Hours:

Mon - Thurs: 9-4pm

Friday: 9-4pm

Helpful Numbers: Lebanon Senior Ctr. 860-642-3040

Senior Center Director: Darcy Battye 860-642-2042

Van Coordinator: Jeryl Bates 860-642-2024

Transportation Clerk: Walter Riley 860-642-2024

SILVER SNEAKERS PROGRAM

PRESENTS

"Strength, Balance, & Cardio"

With

Patti Flubacher

Fridays 1:30pm - 2:30pm

Starting April 8th

(bring your weights and water)



Massage with Sue McCaffery

Please contact the senior center to schedule your appointments by calling: 860-642-3040.

The price is \$15.00 for 25 minutes and \$30.00 for 50 minutes.

Did you know we have assorted assisted living devices for loan? We have canes, walkers, bath chairs, wheel chairs and a hospital bed. We offer hearing screening, podiatry appointments and VNA visits.

Please call the senior center at 860-642-3040 for more information.

If you are aware of someone who is ill or has been ill, please let us know.

There is a sign-up sheet at the main desk of the senior center where you can add someone's name.

Darlene Hathaway has taken charge of sending out get-well cards and notes to those people who are under the weather for whatever reason.



Senior Center Salon Services w/

Jeanna Prink (Tracy Kelley & Jillian Labonne)

Hair cuts \$8.00 Wash & Set \$10.00

Perm \$45.00 Perm w/Set \$55.00

Color \$45.00 Color w/Set \$55.00

Facials \$8.00 Waxing \$5.00

Manicures & Pedicures \$ 10.00

Appointments are required & gift certificates are always available.

Check the newsletter for Jeanna's "Spa Days"

Tag Sale



Lebanon Senior Center
37 R West Town Street
Saturday May 7
9:00-2:00

*Stop in at the Senior Center for great deals on
jewelry, household items and craft supplies.*

Tons of rubber stamping supplies!!

All Proceeds Benefit programs for Seniors

Clean out your closets, garage and attic!!

Donations can be dropped off at the Senior Center

Wednesday 5/4 through Friday 5/6

From 9:30-3:00

No clothing please!!



**Sponsored by Friends of the
Lebanon Senior Center**
*Books for Sale to Benefit the
Jonathan Trumbull Library*

Donations made in Memory of Friends & Families: (2015 thru 2016)

In memory of Rose Goulart:

Richard Goulart, Janie Medland, Denise Rathbun, Rachel Griffin and Rhonda Wilson

In memory of George Rioux:

Denise and Stuart Bass, Geri and Jim McCaw, Gail Ceccarelli, David Elwell, Bea Andrews, John and Joan Goddard, Antoinette Nunes and John Adams

In memory of Jane Bartoletta and Mary Ruimerman:

Jeannie Pogmore

In memory of Ellen Lathrop:

Kennith and Gretchen Lathrop, Mary Russell, Marion Russo, Joyce Burdick and Jackie Greene, Jean Carboni, Lynne Kehler, Delta Kappa Gamma Society (Theta Chapter)

In memory of Charles Saar:

Gwen Saar

In memory of Marie Strout:

Laura Tomko

In memory of Donna Slate:

Dottie Stevens

Donations made to the Friends of the Lebanon Senior Center:

Lebanon Junior Seniors, Joseph Mello, Kathy and Patrick Hayes



Five Easy Ways to Spot a Scam Phone Call

IRS Special Edition Tax Tip 2014-18, September 2, 2014

The IRS continues to warn the public to be alert for telephone scams and offers five tell-tale warning signs to tip you off if you get such a call. These callers claim to be with the IRS. The scammers often demand money to pay taxes. Some may try to con you by saying that you're due a refund. The refund is a fake lure so you'll give them your banking or other private financial information.

These con artists can sound convincing when they call. They may even know a lot about you. They may alter the caller ID to make it look like the IRS is calling. They use fake names and bogus IRS badge numbers. If you don't answer, they often leave an "urgent" callback request. The IRS respects taxpayer rights when working out payment of your taxes. So, it's pretty easy to tell when a supposed IRS caller is a fake. Here are five things the scammers often do but the IRS will not do. Any one of these five things is a sign of a scam. The IRS does not:

1. Call you to demand immediate payment. We will not call about taxes you owe without first mailing you a bill.
2. Demand that you pay taxes without giving you the chance to question or appeal the amount they say you owe.
3. Require you to use a certain payment method for your taxes, such as a prepaid debit card.
4. Ask for credit or debit card numbers over the phone.

Threaten to bring in local police or other law-enforcement to have you arrested for not paying. If you get a phone call from someone claiming to be from the IRS and asking for money, here's what to do:

- If you know you owe taxes or think you might owe, call the IRS at 800-829-1040 to talk about payment options. You also may be able to set up a payment plan online at IRS.gov.

If you know you don't owe taxes or have no reason to believe that you do, report the incident to TIGTA at 1.800.366.4484 or at www.tigta.gov.

If phone scammers target you, also contact the Federal Trade Commission at FTC.gov. Use their "[FTC Complaint Assistant](#)" to report the scam. Please add "IRS Telephone Scam" to the comments of your complaint.

Remember, the IRS currently does not use unsolicited email, text messages or any social media to discuss your personal tax issues. For more information on reporting tax scams, go to www.irs.gov and type "scam" in the search box.



A man and a woman are sleeping together when suddenly there is a noise in the house, and the woman rolls over and says, "It's my husband, you have to leave!"

The man jumps out of bed, jumps through the window, crawls through the bushes, and out on the street, when he realizes something. He goes back to the house and says to the woman, "Wait. I'm your husband!" She replies giving him a dirty look, "So why did you run?"

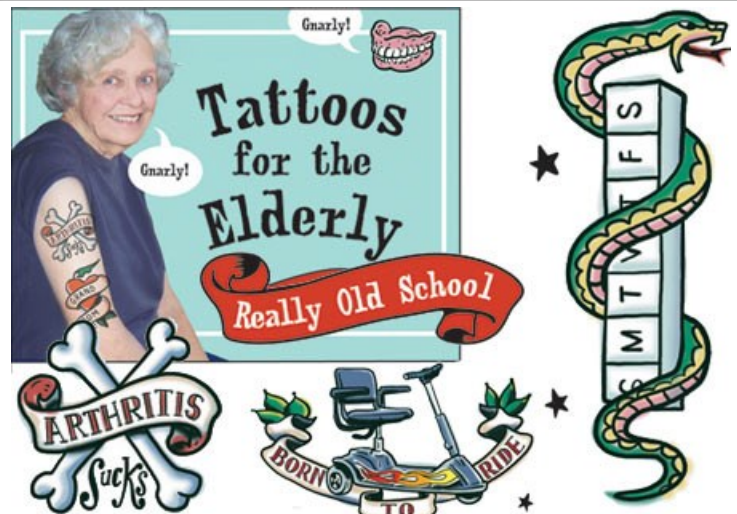
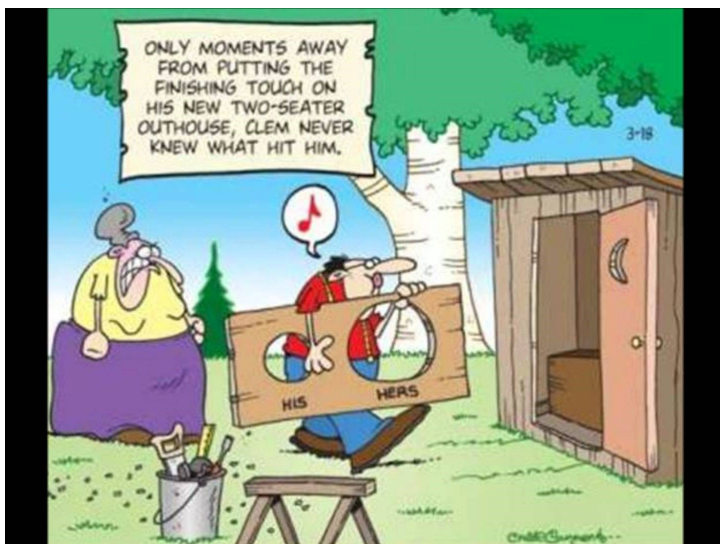


www.eFunnyCartoons.com

Order #001



The Retirement Village People





Beware of Fake Social Security Emails

The Social Security Administration (SSA) and Federal Trade Commission are warning Americans about a scam email with "Got Protected" in the subject line. The email describes new features from SSA that monitor unauthorized use of your Social Security number. If you get an email like that, don't click on any of the links or open attachments. Report it by forwarding the email to spam@uce.gov.

Visit OnGuardOnline.gov to learn about common online scams and how to avoid them.



Tax-Related Identity Theft

Tax-related identity theft occurs when someone uses your stolen Social Security number (SSN) to get a tax refund or a job. For important tips on preventing and reporting tax identity theft, refer to the information below.

Warning Signs

To prevent tax identity theft, be wary of any Internal Revenue Service (IRS) letter or notice that states:

- More than one tax return was filed using your SSN.
- You owe additional tax, you have had a tax refund offset, or you have had collection actions taken against you for a year you did not file a tax return.

IRS records indicate you received wages from an employer unknown to you.

The IRS does not initiate contact with a taxpayer by sending an e-mail, text, or social message requesting personal or financial information.

Should you get an e-mail that claims to be from the IRS, do not reply or click on any links. Instead, you should report it to the IRS.

The United States Computer Emergency Readiness Team (US-CERT) provides alerts and tips on how you can protect yourself against U.S. tax season phishing scams and malware campaigns.

Dealing with Tax-Related Identity Theft

If you suspect someone used your Social Security number (SSN) for a tax refund or a job--or the IRS sends you a letter or notice indicating a problem--take these steps:

- Respond immediately to any IRS notice; call the number provided.
- File a report with the local police.

File a complaint with the Federal Trade Commission (FTC), the lead federal agency for identity theft. You can also call the FTC Identity Theft Hotline at 1-877-438-4338 or TTY 1-866-653-4261.

Check with the Social Security Administration (SSA) for important SSN information.

- Contact one of the three major credit agencies to place a fraud alert on your credit records:

Equifax: 1-888-766-0008

Experian: 1-888-397-3742

TransUnion: 1-800-680-7289



Arbor Day

By Alex "Bud" Gavitt

Last month this writer received a newsletter from the Arbor Day Foundation in Lincoln, Nebraska. The mailing reminds Americans of the benefits trees bring to their homes and communities. One of the best times to plant a new tree in Connecticut is on Arbor Day, the last Friday in April.

10 years ago, 320 million trees were decimated by hurricane Katrina in Louisiana and Mississippi. Through the Foundation's Community Tree Recovery Program, people from 43 states donated money to help residents plant new trees in their yards and rebuild the tree canopy of their communities.

Stated the Foundation's chief executive Matt Harris: "We quickly realized we were doing so much more than that. We were actually helping people rebuild their lives...because with the trees came renewed hope and raised spirits. As new trees began to be planted communities began to be healed."

Besides the lost trees from hurricanes, new trees have been made available to homeowners to replace those destroyed by other storms and tornadoes, and fire ravaged areas such as in Colorado and central Texas. Thousands of new trees were distributed to New Jersey where Super Storm Sandy damaged more than 340,000 homes.

An article in the Old Farmer's Almanac credits

zealous tree lover Julius Sterling Morton as the founder of Arbor Day. Morton planted thousands of fruit trees, cottonwoods, evergreens, and beeches on his newly acquired 160 acre treeless ranch in the wilds of Nebraska territory in 1849.

Morton worked as a journalist and politician, becoming secretary and acting governor of the Nebraska territory from 1858-1861. In 1893, President Grover Cleveland appointed him U.S. Secretary of Agriculture. Through his speeches and newspaper articles he urged fellow Nebraskans to plant trees and try new crops.

On April 22, 1885, Arbor Day became a legal holiday in Nebraska. Within 20 years of its founding, Arbor Day was celebrated in almost every state.

Pleasing to Morton was the fact that school children across the country began to celebrate Arbor Day by dedicating the trees they planted to special people.

The Morton family home, Arbor Lodge, is now a state park in Nebraska City, Nebraska. The lodge originally consisted of four rooms and is now a 52 room mansion, complete with a terraced garden, a Pinegrove, and 65 acres with more than 250 varieties of trees and shrubs.

For more information visit the Arbor Day Foundation web site at: arborday.org or call Toll Free: 1-888-448-7337



Contact: Bob Wester
Phone 860-942-1575
rdwester@sbcglobal.net

333 Sabin Street
Putnam Ct 06250

Press Release

TURNING 65 AND UNDERSTANDING MEDICARE

The Lebanon Senior Center 37 W Town Street #R (way in the rear just follow the road about 1/8 of a mile new location) Lebanon Ct will be hosting a seminar on:

Turning 65 and Understanding Medicare

The seminar will be on Wednesday April 13th at 7:00 PM in the community room at the Lebanon Senior Center.

Bob Wester will be presenting the seminar, which will cover:

- The in's and out's of Medicare and how it affects you.
- How you can get help in paying some of the out of pocket costs associated with Medicare.
- Your choices available in private health care plans?
- The penalties that you should be aware of with Medicare.
- How you can sign up for Medicare?
- And many other important parts of Medicare



"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear."

Buddha

Please call 860-942-1575 or email at rdwester@sbcglobal.net to reserve your seat.



Junior Senior Travel News

April, 2016

By Anne Maffiolini

Memphis/Nashville INFORMATIONAL AND LUGGAGE TAG MEETING for those going on the trip - Wednesday, April 13 at 5:00 p.m. - Lebanon Senior Center

Memphis/Nashville Trip - April 22-27, 2016 - 5 nights - 6 days.

SAVE THE DATE: FRIDAY, JUNE 3RD for a 90th Birthday Party. Look for details in the next issue of Lebanon Life

Goodspeed Opera House and Gelston House Lunch - Wednesday, June 15th - \$99 per person includes tickets to the show, transportation and a 3-course meal. Money is due by May 4th. "Anything Goes", A COLE PORTER MUSICAL, is the story about madcap antics aboard an ocean liner bound from New York to London. Billy Crocker is a stowaway in love with heiress Hope Harcourt, who is engaged to Lord Evelyn Oakleigh. Nightclub singer Reno Sweeney and Public Enemy #13 Moonface Martin aid Billy in his quest to win Hope. The musical introduced such songs as "Anything Goes", "You're the Top", and "I Get a Kick Out of You."

Newport Playhouse and Cabaret Dinner Theater Lobster Festival - Monday, August 8, 2016 - \$83.00 Per Person with payment due by July 1. Departure from the Lebanon Senior Center at 9:30 a.m. Price includes bus, tips, dinner, cabaret and a hilarious play offering a Texas theme and a taste of good old down South humor. Look for the flyer with all the details.

Big E - Springfield, MA - September, 2016 By popular request, we will make our way back to the Big E this year after a brief hiatus. Always a fun day.

Ireland/Scotland/England - a possibility for 2016 OR 2017 ???

For more information on any of the trips, please contact Marion at (860) 423-7659. Make checks payable to Lebanon Jr/Sr Travelers. Payment may be left at the Lebanon Senior Center or mailed to Marion Russo, 280 Beaumont Hwy., Lebanon, CT 06249.



Senior Wellness Trips

APRIL, 2016



Friday, April 1st - Golden Lamb Buttery Restaurant, Brooklyn

Friday, April 8th - View eagles & Ospreys! Eagle Landing State Park, Haddam, Ct.. View the lower Ct. river




Friday, April 15th - Clinton Crossing Shopping trip
Lenny & Joes seafood restaurant, Westport, Clinton Ct

Friday, April 22nd - Florence Griswold Museum, Old Lyme - Morning Glory Café, Old Lyme



APRIL 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Questions 642-3040 Center Hours Mon—Fri. 9-4 Watch Ch 3 for closings at Ctr					1 9:00 Tax Aide 9:30 Exercise 9:30-3:30 Hair Wellness —Golden Lamb Buttery 6:30 Setback	2 Yoga 9:30
3	4 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing	5 9:30-2:30 Pedi/Hair 12:00 –Lunch-Soup Day 12:30 Friends Meeting 1:00 Pool/Mahjongg 7:00 Poker	6 9-1 Haircuts 9:30 Exercise 11-3 Massage 12 Card Making	7 9-3 Mani/Pedi 9:00 Yoga 10 Tai Chi 1:00 Setback	8 9:30 Exercise 9:30-3:30 Hair 1:30 Silver Sneakers Wellness—River Quest– Eagle Land- ing 6:30 Bingo	9 YOGA 9:30 6:30 Poker
10	11 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing 6:30 COA Meeting	12 9:30-2:30 Pedi/Hair 12:00 –Lunch– Strata 12:30 Joys of Coloring 1:00 Pool/Mahjongg 7:00 Poker	13 9-1 Haircuts 9:30 Exercise 11– Sway this Way	14 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback	15 9:30 Exercise 9:30-3:30 Hair 1:30 Silver Sneakers Wellness – Clinton Crossing/Lenny & Joes	16 YOGA 9:30
17	18 9:30 Exercise Class 10:30 Knitting 11:00 VNA BP 12:15 Bingo 3:00 Line Dancing	19 9:30-2:30 Pedi/Hair 12 pm Lunch—DaLonne 12:30 “Care at Home” 1:00 Pool/ Mahjongg 7:00 Poker	20 9-1 Haircuts 9:30 Exercise 11 Sway this Way 11-3 Massage 12 Card Making 7—Turning 65 & Medicare	21 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback	22 9am Driver Safety 9:30 Exercise 9:30-3:30 Hair 1:30 Silver Sneakers Wellness – Florence Griswold Museum	23 YOGA 9:30
24	25 9:30 Exercise Class 10:30 Knitting 12:15 Bingo 3:00 Line Dancing	26 9:30 Hearing Clinic 9:30-2:30 Pedi/Hair 12:00 –Lunch-Pork Roast 1:00 Friends Meeting 1:00 Pool/Mahjongg 7:00 Poker	27 9-1 Haircuts 9:30 Exercise 11-Sway this Way 11-3 Massage 2:30 Afternoon Tea Sparkette Dancers	28 9-6 Mani/Pedi 9:00 Yoga 10:00 Tai Chi 1:00 Setback	29 9:30 Exercise 9:30-3:30 Hair 1:30 Silver Sneakers 6:30 Military Whist	30 YOGA 9:30